

VOICE OF THE RESIDENTS

Vol. XII, No. 5

BROADMEAD, COCKEYSVILLE, MD

January 1991

LIBRARY UPDATE

Anne Sturtevant is succeeding Theodora Smith as Head of Circulation for the Broadmead Library. The community is fortunate to have a person of Anne's extensive experience and professional background to assume this position.

For Theodora's many years of dedicated service, our community is most appreciative. May she enjoy some richly deserved leisure!

The library staff continues to worry about the loss of books. There is none of the systematic pilfering that was experienced a few years ago, but books are disappearing. A periodic inventory of our library will be undertaken shortly. Though we hope we will find that some books have not really been lost but have been misshelved, this will probably not account for a large number of our losses. Will Residents who have received notices of overdue books and not been able to locate them, please take another look around their apartments? Perhaps they, too, have inadvertently misplaced books.

Thanks to Residents from the Library Committee for the continuing gift of books for the enrichment and updating of our collection. We welcome your gifts.

-Ken Walker

"I heard a bird sing
in the dark of December,
A magical thing
and sweet to remember,
We are nearer to spring
than we were in September."

-Oliver Herford

Courtesy of Helen J. Weber



GOOD AND BAD NEWS FROM TRANSPORTATION

The bad news is that Esther Mahan retires in June, 1991, as transportation chief. The good news for 1991-1992 subscription ticket holders to the symphony, opera, travel lectures, and plays at Center Stage and the Mechanic is that Marty Burton has agreed to take over this demanding job. So the busses will run. The Residents Association is deeply appreciative of Esther's vital work over the six years, and at the same time delighted that Marty is ready to continue the work.

After 11 years, Broadmead can expect to see more re-shuffling of jobs and volunteers. Long-term workers naturally need a respite or a change. It is a time when concerned persons among the newer Residents are needed to take over, and the Residents Association invites communication about their interests and willingness. For example, Marty Burton will need an assistant, and the Transportation Committee will need a new secretary. This could mean two Resident volunteers, or one serving in two capacities. There may be further need for checkers riding the bus.

Questions about subscription events in the spring months of 1991 should still be directed to Esther only if they concern bus trips in or before June, 1991. Calls about transportation to theatres and other series, beginning in September, 1991, through 1992, should be directed to the new transportation chief, Marty Burton, P-13, 527-1736.

-Claire Walker

HAPPY 1991 TO ALL

Broadmead Welcomes

ESTHER (June) HUNT PEACOCK (Mrs.
Lawrence) H-13 584-2682 Oct.'90

June is a native of Moorestown, New Jersey. She was educated at the Friends Academy, Westtown School, Earlham College, and Connecticut College for Women. She came to the Friends School in Baltimore to teach athletics, physiology and hygiene; there she met her late husband who was beginning a 42-year career in the Friends Athletic Department. In addition to his work at Friends, Larry was the swimming pro at the Suburban Club in Pikesville for many years. After raising a son and a daughter, June returned to Friends School as a nursery school teacher. Her son, a lawyer living in Towson, has two daughters; her daughter who lives in Southbury, Conn. has four daughters. June is blessed with six great-grandchildren among whom are three boys.

Even as a great grandmother, June has remained an accomplished athlete and is ranked among the top ten swimmers in the U.S., in the 80-85 age group - a new recruit for the Stony Run swimming pool! She has a beach house on the Delaware Shore and it was here that she became an ardent environmentalist and has been recycling for many years. She also is a peace activist.

It's only natural that June is tired from moving so she included "resting" among her Broadmead priorities but, when she is ready, she'll probably garden, read, write (which she loves) and work with the conservation committee. She will undoubtedly be on hand to initiate our new swimming pool!

-Betsy Griffin

Apartment Changes

Helen Sparks from N-1 to T-306

BROADMEAD ENCOURAGES STAFF MEMBERS TO BE AMBITIOUS

Broadmead has two programs for professional assistance to employees. The older one is the Tuition Reimbursement Program, available since the early years. It returns to any eligible employee half the amount of tuition paid out for any course completed with a "C" or better and relevant to any function in Broadmead regardless of the individual's own employment.

The more ambitious Nursing Scholarship Program was introduced in 1987 and is still in the experimental stage. According to Maria Brown, present Director of Health Care Services, she and Beth Muller were asked to develop this program. It was an effort which, for Maria, had a double appeal. The new program is a response to the present nursing shortage in the whole country. It aims both to encourage individuals to become qualified as nurses and also to retain the nurses already employed by helping them to upgrade. In addition, the program represents Maria's particular concern for educational efforts on behalf of staff members. She considers that opportunities for our employees to advance professionally are not only to their advantage, but also in the best interests of Broadmead.

One objective of the new Scholarship Program is to make financing more accessible to employees than under the Tuition Reimbursement Program. Under that program employees had to pay full tuition to enroll,

with only one-half returned; this was prohibitive, especially for single mothers.

The new Nursing Scholarship Program assumes full tuition and cost of books. Any employee who is a high school graduate, and can meet Broadmead's requirements, can

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begin nursing training under this program. For the high school graduate wanting to break into nursing as a new field, it can mean some three to five years of course and clinical training.

Since upgrading from Licensed Practical Nurse to Registered Nurse may require such basics as math and English, this course likewise takes a long period.

As a first step, it was essential to provide professional advice in the planning stage of an individual's intent to embark. Whether the candidate was a high school graduate wanting to get into a new field, or an L.P.N. wanting to earn the R.N., or an R.N. wanting to go on to the degree of Bachelor of Science, the procedure has to be carefully planned in order to satisfy professional standards and requirements, as well as to fit the candidate's own schedule and needs.

Broadmead has solved the problem of planning by arranging for each candidate to have an interview with a designated advisor at Essex Community College as the first step. Nevertheless, the combination of full-time work and part-time study is difficult for a person with family and other obligations to sustain over such a period of time. Though employees may elect to reduce their work week to a minimum of 16 hours, financial needs do not usually permit this. The Nursing Scholarship Committee is concerned if employees have to give up on the program once started. A different obstacle for some is the required commitment to work for Broadmead for a full year after completing the program, or else repay the scholarship money. Some employees who do not wish to continue in geriatric nursing, but are able to carry the demanding load otherwise, have been able to avoid the year's commitment by training at their own expense.

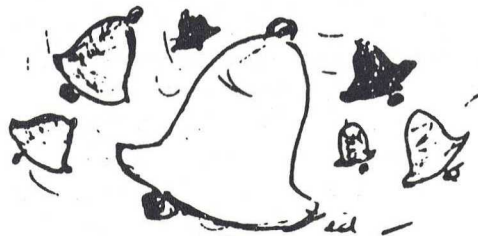
It seems likely that, over time, the Committee in charge of the Nursing Scholarship Program will be working out further revisions to

perfect its operation. The Committee, of which Maria is the "Facilitator", is composed of: two representatives from the Board of Trustees; Dr. Crawford, Broadmead's Medical Director; Susan Ganson, Director of Nursing; Pat Graham, Director of Business and Developmental Affairs; and Sheila Feldman of Social Services. The Committee has found it helpful to be in consultation with Pennswood which has a similar program.

It was hoped by the Committee that new candidates would be ready to enter the program in January 1991, chiefly at the Essex Community College. To qualify a candidate needed to have been through the application interview, to have obtained references from the immediate supervisor and one other person, and to be enrolled in one or two courses selected, not necessarily at Essex, but recommended by the advisor. The candidate will have a Broadmead advisor, also, who keeps in touch with progress at six-week intervals and offers support and encouragement.

When costs of education and living are rising as steeply as at present, adequate help will make a difference. With a slender budget of \$6,000 a year, not cumulative over year's end, Broadmead's Nursing Scholarship Program is limited to a modest start. Maria hopes that as successes demonstrate the value of the program, gifts from other sources may be forthcoming and eventually make funding for the program more adequate.

-Claire Walker



HAPPY NEW YEAR

SOUND SYSTEM AVAILABLE

A Sony sound system has been purchased from the Association's year-end money (last year's) and has been installed in the lounge close to the piano. Components of the system include a turntable for playing phonograph records, an AM-FM radio, a dual cassette deck for playing and recording audio tapes, and a compact disc player. In addition to the manufacturer's instructions, simplified, easily understood directions are in a yellow booklet in the bottom of the cabinet. The equipment is readily accessible; nothing needs to be unlocked.

We now have the state-of-the-art facility to play beautiful music, to share with each other; all it takes is the initiative and willingness. Should anyone have questions, he may feel free to call:

-Franc Beck
527-0215

CONCERTS AT BROADMEAD (All in Main Lounge)

Sunday, January 6; 1:45 p.m. Corey
McVicar, Pianist.

Thursday, January 17; 7:15 p.m.
Choong Me Kang, Pianist.

Sunday, January 27; 1:45 p.m. Evan
Drachman, Cellist.

FOR THE MEN

All men are invited to come to the MEN'S SOCIAL HOUR on Saturday, January 12th, when Ernie Hanhart will talk on lively aspects of engineering, and on Saturday, January 26th, when Jim Biddison will discuss some legal cases of interest. Come at 9:30 and enjoy coffee and doughnuts.

-Val Havard

JANUARY PROGRAMS (In the Auditorium)

Monday, January 7, 7:15 p.m. Dr.
Elizabeth I. Bauereis, Director, Environmental Programs, Baltimore Gas and Electric CO.: Environmental Issues of the 90's.

Saturday, January 12, 7:15 p.m.
Nancy Beck, Princeton University: Perestroika at Work, slide presentation of a trip through the Soviet Union, last summer.

Saturday, January 26, 7:15 p.m.
Susan Stiles Dowell, Maryland author: Great Houses of Maryland, lecture and slide presentation.

-Dee Whiteford

HOBBY SHOW

The 1991 Broadmead Hobby Show is just around the corner and from the number and variety of exhibits this is going to be the show to top all past shows. Saturday January 19th has been selected for the affair and we hope you have decided to join with us.

In the event you wish to enter please contact one of the committee listed below; you will receive the necessary information.

-Betsy Griffin, Gertrude Black, George Anderson, Harry Jones, Sam Hoover.

EMPLOYEE AWARDS

An Employee Service Awards Ceremony was held December 6, 1990 to honor employees of Broadmead who have been here one, five or ten years. Twenty-four employees received ten-year pins, bringing the total of employees who have been here ten years, or longer, to 39. Nine employees were awarded five-year pins, bringing the total of employees who have been at Broadmead between five and ten-years to 34. Of our approximately 276 employees, 73 have been at Broadmead more than five years.

-Nancy Grant

CONCERN ABOUT CHOLESTEROL
AT BROADMEAD WE MAY HAVE MORE CHOICES THAN WE KNOW

A poll of Broadmead Residents taken about a year ago shows that nearly half of the respondents were concerned with, or directed by their doctor to avoid, the wrong fatty foods. Since information is not generally available as to the type of fats in our foods at Broadmead it was thought worthwhile to make known the types of oils contained in many of our non-basic foods. This would make it possible for those seriously concerned with cholesterol levels to make intelligent food choices and perhaps enjoy some of the things they were reluctant to eat heretofore.

Keep in mind that animal-dairy source foods contain the undesirable saturated fatty acids. The vegetable source fats (with the exception of the tropical oils - coconut, palm, and palm kernel) do not. Fortunately, Sunshine, Keebler, Nabisco, and Pepperidge Farm no longer use the tropical oils as their shortening agents. Even among the vegetable oils, some are preferable to others from a cardio-vascular standpoint, with canola, and olive oils best, and soybean, peanut, cottonseed, safflower, and corn oils about equal value. Soybean is the most commonly used because of its cost, taste, and availability.

The types of fat in the numerous fat-containing foods at Broadmead are as follows:

(*Indicates plain and partially hydrogenated)

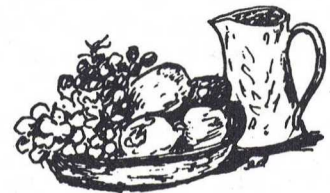
Frying oils, deep fry and spray grill - soybean.
Salad dressing, Ranch and Italian - soybean.
Mayonnaise - soybean.
Tartar Sauce - soybean.
Cooking margarine - *soybean.
Promise margarine - sunflower and *soybean and *cottonseed.
Half and Half coffee creamer - no animal fat.

Cream soups - *soybean.
Beef-base soups - corn oil.
Chicken-base soups - chicken fat.

Casseroles - cooking margarine.
Scalloped potatoes - soybean.
Au gratin - twice as much oil as in scalloped.
Spinach soufflé - soybean.

Cakes - soybean, cottonseed, palm, palm kernel and beef fat.
Angel food cake - no fat.
Pies - (crust) *soybean.
Cobblers - *soybean and cottonseed.
Muffins - *soybean and cottonseed.
Croissants - *soybean and cottonseed.
Pargo cookies - *soybean and cottonseed.

Mousse - coconut and palm kernel.
Sherbet - some milk fat.
Soft yogurt - classic vanilla, black cherry and honey almond - no fat.
All other flavors of yogurt - less than 1% milk fat.



(Continued on next page)

In summary, it can be said that not only the kind of fat but the total amount (as percentage of calories) is important. The American Heart Association recommends fat intake be no more than 30% of total calories.

Many thanks to Bernard Queen and Fran Tilghman of our Food Service for their help in gathering the above information and to Jean Roberts for reviewing this material.

-George Anderson
Food Service Committee

EAST CORRIDOR ART EXHIBITION



On January 23rd a retrospective exhibition of the paintings by the late Jacques Maroger, former teacher at the Maryland Institute, will open in a Gallery of the Md. Life Insurance Co. on Mt. Royal Avenue.

Because some of Maroger's works are owned by Residents of Broadmead, the East Corridor will display another group of his paintings and sketches as well as small works by two of his students, during the month of January.

Before coming to Baltimore in 1940, Maroger had been chief conservator at the Musée du Louvre in Paris; he had achieved international fame by his research of the techniques used by the 16th and 17th century Dutch painters. Maroger was married to a sister of Broadmead Resident, Simone La Faivre.

-Elizabeth Packard

DUPLICATE BRIDGE

The Duplicate Bridge group is looking for Residents, future Residents, and guests, who are interested in continuing the Duplicate Bridge game at Broadmead. They hope to have a session once a month, on the second Thursday, at 1:30 p.m. starting Feb. 7, 1991.

To sign up, you must have a partner. If interested call Bobbie Richardson (527-2070) or Ginny Wake (527-0454).

OUR CHILDREN - CRITICAL ISSUES

Part II (Discussion Group meetings, Nov. 6 and Nov. 13. Continued from Part I, Dec. Voice.)

Carol Dugan, Executive Director for Advocates for Children and Youth, presented her organization's recommendations for turning the whole welfare system around. Their studies advocate a cost-effective and humane philosophy of prevention rather than catch-up. They emphasize birth control, pre-natal care, education and treatment for drug addiction, family support systems, shortening the lag between foster care and adoption if families are incapable of responsibility, and coordinated "one-step-shopping" for families in need of services from several social agencies.

Therese Lansburgh, Board member, and Sandra Skolnik Executive Director of the Maryland Committee for Children, had similar points of view. That organization has pioneered in child care services for the region and all of Maryland. It won a state contract to help parents find and monitor day care near their home or their work, and to train people to start new programs. They also consult with businesses about setting up their own day care facilities in order to improve productivity by alleviating employees' concerns about their children's health and safety.

A matter of great pride, the Maryland Committee for Children has seen twenty years of lobbying come to fruition this fall when the Child Care and Development Block Grant was attached to the Budget Bill and passed. They are ready to help to implement it when Maryland receives \$8.8 million in September 1991. (A Fact Sheet with this and other particulars is available from Whitty Cuninggim.)

In the meantime, our speakers urged us to understand the seriousness of our children's needs, and

(Continued on next page)

to keep in touch with state and federal legislators to continue funding of programs for children which have proved successful and most-effective. If we must cut budgets, they say, don't cut those for the young who have been neglected so long. Broadmeaders may have reached the retirement stage, but are still important agents of concern and influence.

- Whitty Cuninggim

* TO OUR READERS: *

* Readers have grown *
* accustomed to unvarying *
* 12-page issues of the *
* Voice. There was always a *
* slight mystery about why *
* that number of pages was *
* mandatory. Soon the *
* present editor came upon *
* the reason: a folded *
* sheet of paper makes four *
* pages; therefore, the *
* folded format (suggested *
* by the printer several *
* years ago for reasons of *
* economy) necessitates that *
* the number of pages be *
* done in multiples of four. *
* In the future, readers may *
* find that flexibility in *
* the number of pages may be *
* achieved, at times, by un- *
* conventional means. We *
* will discover them *
* together as we go along. *

-Editor

* * * * *

*Do not feel
totally,
personally,
irrevocably
responsible
for everything.*

That is my job.

Love,

God

-Courtesy of Virginia Magladery

MUSIC REVIEWS

MIDDLE RIVER CONCERT BAND

The sound of music filled the Auditorium and reverberated down the corridor of the Center as the MRCB performed an unusual concert on the evening of November 12th.

The MRCB, which stands for Middle River Concert Band, was founded in 1957 and has given joy at the many places where it has played during the years. Its membership covers a wide range of ages from teeners to senior retirees. These are not professional musicians but are business men and others who like to make music. The band consists of brasses, woodwinds and percussions. They appeared at seven o'clock, 44-strong, and quickly accommodated themselves to the space on and in front of the stage.

Maestro DiCara conducted a lively program of marches, waltzes and Christmas medleys with considerable expertise. John Santoni, first chair clarinetist, commendably performed a short cadenza in von Suppe's Light Cavalry. Joe Thomas announced the program, piece by piece, with appropriate comment. A post-concert punch and cookies for the band ended an enjoyable evening.

THE TRAVELING MUSIC MAKERS

The Music Committee opened the holiday season, on December 2, with the voices of The Traveling Music Makers, a group of adult songsters familiar to Broadmead audiences. Four men and six women presented a program of past Broadway hits and Christmas carols. The singing was enhanced by appropriate choreography and the performers varied from solo to full chorus.

A nearly full auditorium responded with enthusiasm to all the offerings and made merry with sing-along, especially the Twelve Days of Christmas.

B-flat

VOICE OF THE RESIDENTS

Published by and for

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